

# PARC NATIONAL DU LAC-TÉMISCOUATA

DISCOVERY GUIDE

2019



# WELCOME TO THE PARK



**On one of the most spectacular bodies of water south of the St. Lawrence, park visitors can immerse themselves – on foot, on bikes or by boat – in territory humans have walked for 10,000 years.**

Covering 175 square kilometres, the park stretches along of Lake Témiscouata, protecting nearly half of its shores. Carved out by the power of glaciers, the lake is a place of peace and contemplation, with the shadows of lake trout and lake whitefish gliding beneath its surface.

It is nothing new that people have forged strong ties to this extraordinary natural landscape. Following the stone cutters and hunters, after the lumberjacks and log drivers, today we have become the protectors of this land. On the trails, on the water or during our many activities, walk in the footsteps of those who came before and discover the history of this territory and those who walked this land millennia ago.

**Find out more at [sepaq.com/temiscouata](http://sepaq.com/temiscouata)**



**AIGLON  
THE BALD EAGLE**

## **HELLO! I AM A BALD EAGLE, THE PARK'S ANIMAL EMBLEM.**

I am a vulnerable species in Québec. I love peaceful places and lakes where there are lots of fish. I always make my nest in the same place, most of the time on tall pines with a clear view. There are many of us bald eagles in the park. We were threatened for a long time by hunting and pesticides, but now we are in better health thanks to all the work that's been done to protect us!

**ANNUAL QUÉBEC  
NATIONAL  
PARKS CARD**

**Québec's national parks offer a one-of-a-kind experience. Explore this exceptional world of nature with the Annual Québec National Parks Card, featuring:**

- Unlimited access to ALL national parks for 12 full months
- Many exclusive benefits, including a free night of camping

**Details at [sepaq.com/parkscard](http://sepaq.com/parkscard)**

# MUST-DOS



A

## DIVE INTO HISTORY

At the mouth of the Grand Lac Touladi, dive into history and learn about the special ties forged between humans and nature for thousands of years. Archaeological digs and discovery activities await.



B

## SEE THE TERRITORY FROM ABOVE

The park's most popular trail, the Montagne du Fourneau, transports you through the rare red pine forest to breathtaking views of Lake Témiscouata. The guided hike will help you fully experience your exceptional surroundings.



C

## TAKE THE CANOE ROUTE

The Touladi lakes have been used as thoroughfares for millennia. Follow the same route the First Peoples took and imagine what the territory looked like thousands of years ago. Transport service is offered from the site.



D

## PEDAL FROM ONE SHORE TO ANOTHER (shuttle boat)

Cycle along the shores of Lake Témiscouata! Start at the park on the Grey-Owl bike trail, then cross the lake on the Corégone ferry to continue along the Petit-Témis bike trail. Return to the park on the Épinoche (pontoon boat for pedestrians and bikes).



E

## DISCOVER AS A FAMILY

The Grand-Lac-Touladi sector is entirely designed for families. Learn about the park's history and wildlife while taking part in the challenges at the Curieux de nature trail, or spend the day on the lake with one of our watercraft. All discovery activities offered onsite are suitable for families.

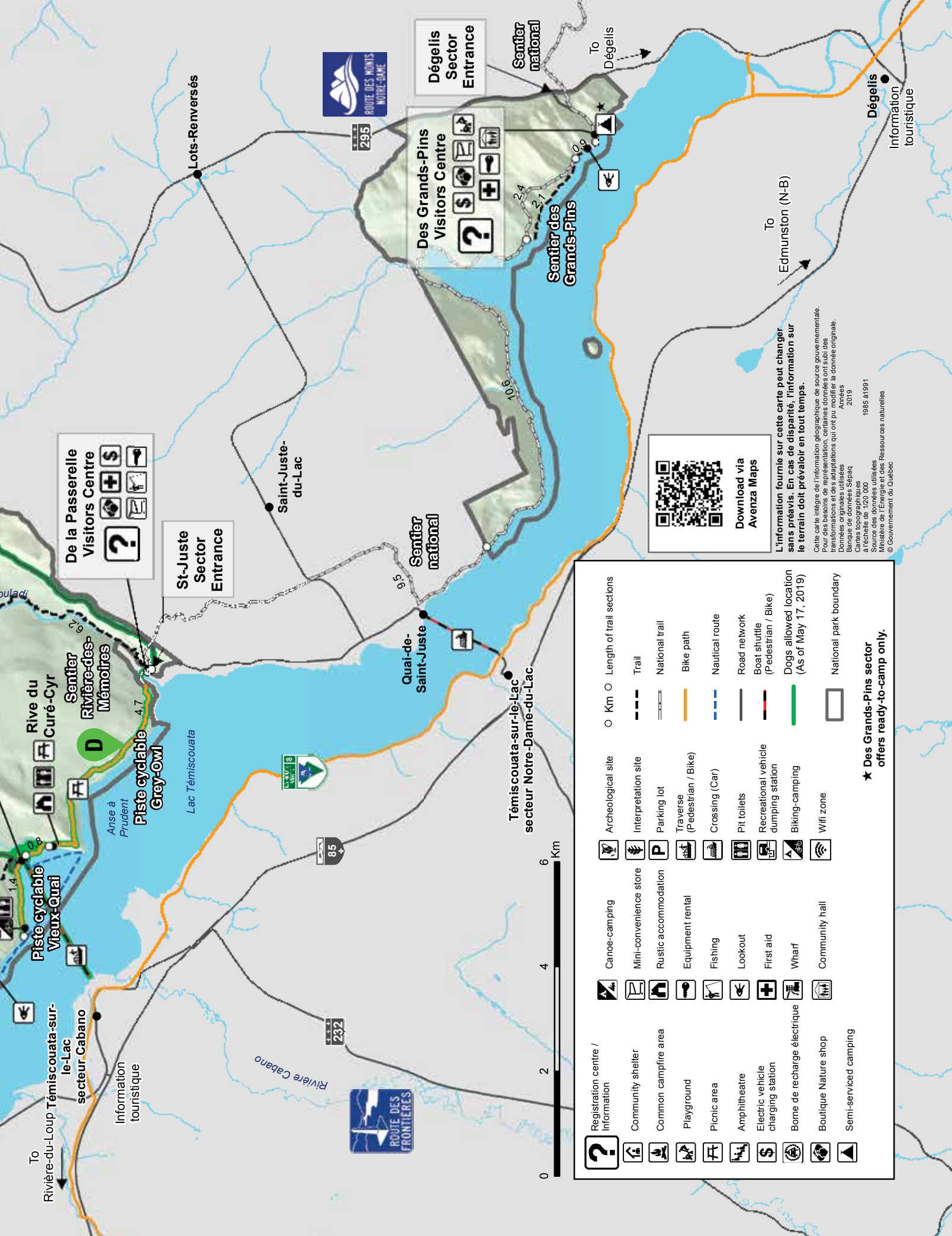


F

## PADDLE THROUGH HISTORY IN THE COMPANY OF BEAVERS

The Îles sector is the most breathtaking to explore by boat. Join our naturalist on a rabaska trip and paddle through time in the traces of the Maliseet, or enjoy a peaceful contemplation of this grandiose setting at sunset.





**De la Passerelle  
Visitors Centre**

**St-Juste  
Sector  
Entrance**

**Des Grands-Pins  
Visitors Centre**

**Dégelis  
Sector  
Entrance**

**Download via  
Avenza Maps**

L'information fournie sur cette carte peut changer sans préavis. En cas de disparité, l'information sur le terrain doit prévaloir en tout temps.

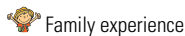
Cette carte intègre de l'information géographique de source gouvernementale. Pour des besoins de représentation, certaines données ont subi des transformations et des adaptations qui ont pu modifier la donnée originale. Données originales utilisées : Années 2019 Banque de données Sépaq Service topographique du Québec (2019) Source des données utilisées : Ministère de l'Énergie et des Ressources naturelles © Gouvernement du Québec 1985 à 1991

	Registration centre / Information		Archeological site		Trail		Length of trail sections
	Community shelter		Interpretation site		National trail		Km
	Common campfire area		Parking lot		Bike path		National park boundary
	Playground		Crossing (Car)		Nautical route		Des Grands-Pins sector offers ready-to-camp only.
	Picnic area		Pit toilets		Road network		
	Amphitheatre		Recreational vehicle dumping station		Boat shuttle (Pedestrian / Bike)		
	Electric vehicle charging station		Biking-camping		Dogs allowed location (As of May 17, 2019)		
	Borne de recharge électrique		Wifi zone				
	Boutique Nature shop						
	Semi-serviced camping						

# DISCOVER OUR TRAILS



		TRAILS	DISTANCE, DURATION AND ELEVATION CHANGE			TRAILHEAD
	I	<b>MONTAGNE-DU-FOURNEAU TRAIL</b> - The wealth of beauty in the Monts Notre-Dame is accessible to all, with a pine forest classified as an “exceptional forest ecosystem” and stunning vistas over Lac Témiscouata and the surrounding area. This trail is a must! Loop.	5.8 km	2-hour	185 m	Anse-à-William Discovery and Visitors Centre
	I	<b>RIVIÈRE-DES-MÉMOIRES TRAIL</b> - Travel back in history as you walk along the banks of one of the most beautiful rivers in the park. Listen to the water’s gentle murmur and watch the bald eagles overhead as you explore the delightful meanders. Out-and-back.	12.4 km	4-hour	10 m	Jardin des Mémoires or Passerelle Visitors Centre
	I	<b>SUTHERLAND TRAIL</b> - Follow the rivers and lakes of this sloping landscape to reach the famous Sutherland falls. Enjoy interesting stops along the way and the vistas over Lac Rond. Cross a beautiful marsh on a boardwalk. Out-and-back.	6.4 km	2½ hour	40 m	Sutherland parking area
	I	<b>MONTAGNE-DE-CHERT TRAIL</b> - This trail is your path to a magical world. Fall under the spell of an old maple grove, take a break at the lookouts over the Lacs Touladi, and soak up the magic of this mountain where the first people who lived in the region often roamed. Loop.	5.5 km	2 hour	100 m	Montagne de Chert parking area
	I	<b>“DRAVEUR” TRAIL</b> - A natural link between the Jardin des Mémoires and the sandy banks of Grand Lac Touladi, the “Draveur” trail, named for the log drivers of old, will also lead you to explore these history-filled shores. Out-and-back.	8.4 km	3 hour	5 m	Jardin des Mémoires or Grand-Lac-Touladi Visitors Centre
 	I F	<b>GREY-OWL TRAIL</b> - Head southwest from Anse-à-William, stop at the picnic area on the sandy bank of Curé-Cyr point (0.8 km), then continue your hike to reach the footbridge over Rivière Touladi. Out-and-back.	11 km	3½ hour 1 hour	15 m	Anse-à-William Discovery and Visitors Centre or Passerelle Visitors
 	F F	<b>VIEUX-QUAI TRAIL</b> - A short hike heading northwest from Anse-à-William will lead you to the Vieux Quai, the old pier that stands as a witness to the park’s rich past! Out-and-back.	2.8 km	1 hour 15 min.		Anse-à-William Discovery and Visitors Centre
	I	<b>GRANDS-PINS TRAIL</b> - From one rocky outcrop to the next, climb above Lac Témiscouata to take in the incredible views. Either out-and-back or loop. The return portion of the loop is on the National Hiking Trail, which leads through the heart of the mountainside forest on somewhat rougher and more challenging footing. Out-and-back or rustic loop.	6 km 6.3 km	2 hour 2½ hour	10 m 95 m	Grands-Pins Visitors Centre
	D	<b>NATIONAL HIKING TRAIL</b> - Backpackers can traverse the entire park and explore its various ecosystems on 37 km of forest trails. Accommodations are available in trail huts, campgrounds or ready-to-camp. Ask for details! Elevation change: 220 m				
		<b>CYCLING ROUTE</b> - Road bikers will enjoy the winding, hilly course of the park’s 26 km of paved, shared roads, including the section between Anse à William and Grand Lac Touladi, passing near the Montagne de Chert and the Jardin des Mémoires.				



F : Easy I : Intermediate D : Difficult

## SUPERVISED ACCESS FOR DOGS



Dogs are allowed at Parc national du Lac-Témiscouata, in certain designated areas.

All details at [sepaq.com/animals](http://sepaq.com/animals)

### MAIN RULES\*

- Dogs must remain in the places where they are authorized at all times.
- Dogs must be kept on a leash no more than three (3) metres in length and under surveillance at all times.
- The person in charge of the dog must pick up the animal’s excrement without delay.
- Barking or howling dogs as well as dogs affecting the tranquility and safety of other visitors are not allowed.

\*Individuals who fail to comply with any of the rules stated above may be required to leave the area and/or issued a statement of offence, where appropriate.

**Compliance with the regulations is essential, and the offer could be reviewed if non-compliance is noted.**

### AUTHORIZED PLACES

Dogs are admitted only in Anse-à-William sector.

#### Summer trail

Grey-Owl  
Vieux-Quai

#### Camping

Anse-à-William campground (except for ready-to-camp and playground)

#### Picnic area

Anse-à-Prudent  
Vieux-Quai

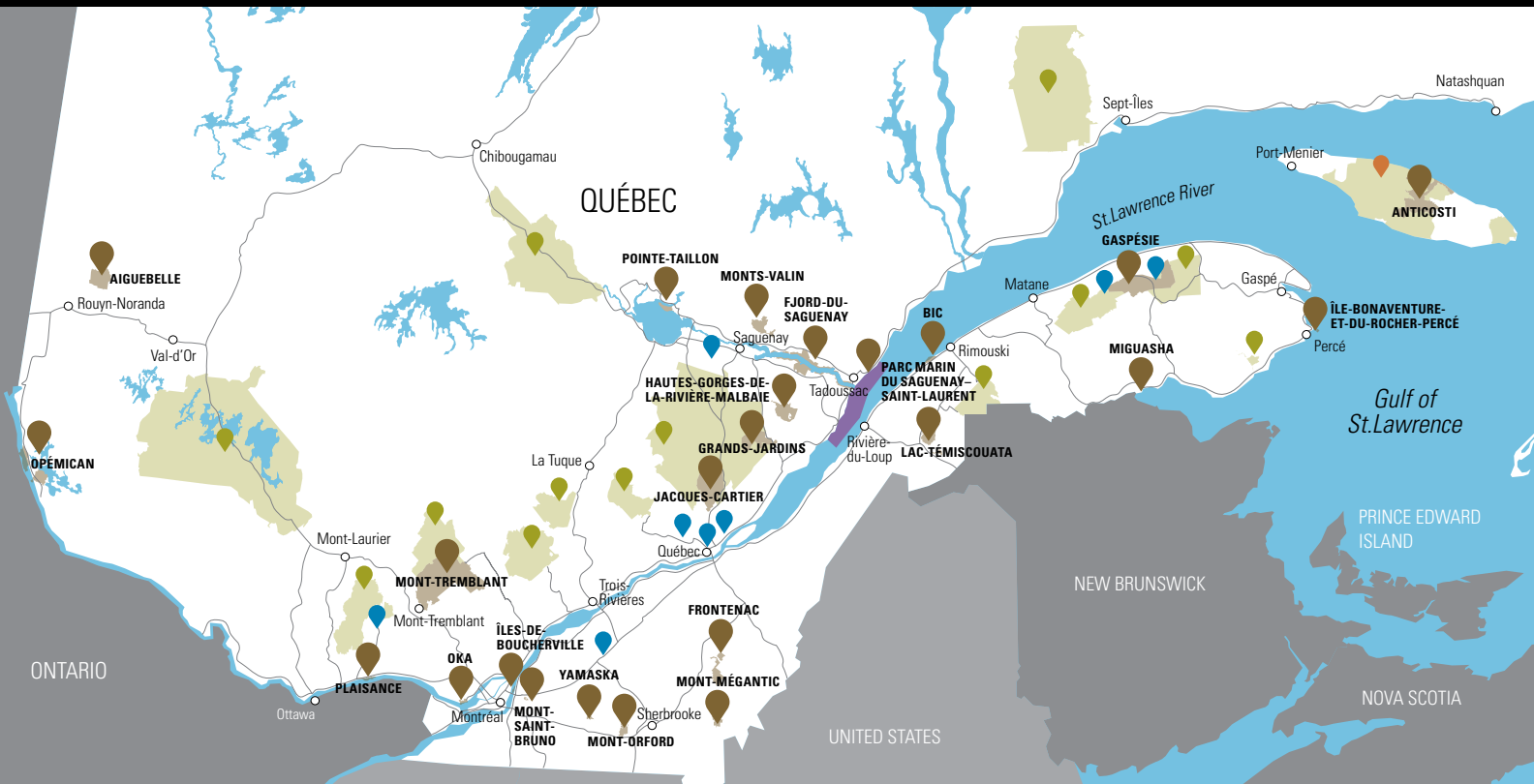
#### Nautical access point

Wharf close to the Discovery and Visitors Centre  
Via Vieux-Quai trail: boat launch for small boats and Vieux-Quai shore | Anse-à-Prudent

# THE LARGEST NATURE AND OUTDOOR NETWORK IN QUÉBEC

Sépaq has the privilege of developing territories of incredible richness. Among them, 24 national parks stand out as unique. These are protected areas that belong to all Quebecers and that provide lasting memories for visitors who proudly make such exceptional destinations their own.

Discover all our destinations at [sepaq.com](http://sepaq.com)



NATIONAL PARKS | 
  WILDLIFE RESERVES | 
  TOURIST ESTABLISHMENTS | 
  SÉPAQ ANTICOSTI

## QUÉBEC NATIONAL PARKS DAY September 7, 2019

FREE ADMISSION

## SÉPAQ WINTER DAY JANUARY 25, 2020

FREE ADMISSION



### Come and see us at our shop

A number of exclusive products to discover!

Take a little bit of nature home with you when you visit our gift shop. **All profits from the sale of our products are reinvested in Québec's national parks.** A great way to contribute to the protection of our natural heritage!

# RENDEZVOUS WITH DISCOVERY



## TALES AND LEGENDS

### FIRESIDE TALES

Around a campfire on the shores of Lac Touladi, come listen to the rich history and legends of this unique place – from the first humans to the logging camps.

### GREY-OWL: A MAN AND HIS ANIMALS

Grey-Owl came to this land 80 years ago and dedicated his life to protecting the beavers and became an important writer and speaker. Learn about his life and work.



## NATURAL ENVIRONMENTS

### LITTLE BIOLOGISTS

Step into the shoes of a member of our conservation team. Help take stock of the park's health, then use a microscope to look at the samples you collect in the field.

### DISCOVER THE BALD EAGLE

A park warden will present the park's emblematic animal, with images captured by a camera installed near a nest. You might even be lucky enough to see one!

### NATURE FOR YOUR LITTLE ONES

A game of tracking, identification... and yoga! Open their eyes to the wonders of nature with this fun activity.

### SOS CHAUVES-SOURIS

These small mammals, denizens of our nighttime stories, are in significant decline. Join us for this exciting saga, unmasking these mysteriously beautiful creatures.



## ARCHEOLOGY

### MEET-UP WITH OUR ARCHAEOLOGIST

Our archaeologist reveals the great human epic that has been written on the park's territory for over 10,000 years.

### ARCHAEOLOGICAL DIGS

Come help with the dig at a real archaeological site and take part in the research conducted by our experienced archaeologist.

### DISCOVER STONE-WORKING

For thousands of years, the ability to work stone to make tools and weapons was a highly valued skill. Try your hand at this activity and take home your handmade tool.

### CRAFTS OF THE FIRST NATIONS

Like the first inhabitants of this land, use traditional tools and techniques to create your own handmade souvenir of your visit to the park.

### A STRANG DISCOVERY

Uncover the evidence and buried objects, ask the right questions, pass the tests... and you'll discover the mystery behind a strange discovery.

## EXCURSIONS

### VOYAGE OF THE MALISEET BY RABASKA

Take part in a journey through time. In this wonderful outing on the water, experience a bit of the life of a Maliseet family exploring the beauty and abundance of this place.

### RABASKA OUTING AT DUSK

Discover the magic of the Touladi lakes as you glide over the peaceful waters. You might be lucky enough to see beavers wending their way along the shores.

### GUIDED HIKE ON MONTAGNE DU FOURNEAU

Listed as an exceptional forest ecosystem, the mountain reveals its most closely guarded secrets on this hike led by our naturalist.





## THE CURIEUX DE NATURE TRAIL

This 720 m trail is full of physical challenges and discoveries. Build a hut like a beaver, jump from trunk to trunk like a log driver, hunt caribou like the First Peoples, and soar on the zipline like the eagle!



## WINDOW ON ARCHAEOLOGY

Discover the Wolastoqiyik culture as well as the many artefacts discovered during archaeological digs at the park. Different themes and objects are presented in each of the Visitor Centres at Anse-à-William, Grand-Lac-Touladi, and Grands-Pins.

## THE JARDIN DES MÉMOIRES

Located in the heart of the territory, the Jardin des Mémoires evokes thousands of years of human presence on the territory. Interpretative panels and discovery activities await you there.



## ÉPINOCHÉ (pontoon boat for pedestrians and bikes)

**\$7,50\***  
/ person

**FREE FOR CHILDREN!\*\***

**RESERVATIONS REQUIRED**  
**418-855-5508**

\* One way. Tax included. Entry fee required at the park.

\*\* Children under 17 years travelling with family.

## THE CANOE ROUTE

For thousands of years, the Touladi lakes have been used as a thoroughfare, linking the St. Lawrence River with the Bay of Fundy. Paddle the same waters as the first people who set foot on the territory.

Departures from the Petit-Lac-Touladi Visitor Centre between 8:30 and 11:30 AM | Return by shuttle at 3:00 PM

**8.5 KM BY CANOE | At your arrival, take the time to visit the installations at the Jardin des Mémoires.**

**June 1, 8, 15 and June 21 to September 2 inclusive.**

**Fee : \$61.** Includes equipment and transport service for 2 persons.

## SCHEDULE

June 22, 23, 24, 29 and 30  
July 1, July 13 to August 18,  
August 31, September 1-2

June 25 to 28,  
July 2 to 12 and August 19 to 30

FROM THE PARK	FROM CABANO	FROM THE PARK	FROM CABANO
9:00 AM	9:45 AM	9:00 AM	9:45 AM
10:00 AM	10:15 AM	-	-
11:00 AM	11:45 AM	11:00 AM	11:45 AM
1:00 PM	1:15 PM	1:00 PM	1:15 PM
2:00 PM	2:15 PM	-	-
3:00 PM	3:15 PM	3:00 PM	3:15 PM
4:00 PM	4:15 PM	-	-
5:00 PM	5:15 PM	5:00 PM	5:15 PM

# EQUIPMENT RENTAL

ÉQUIPEMENT	LOCATION	1 HOUR	4 HOURS	FULL DAY
Canoe	2-3-4-6	\$17.75	\$35.50	\$51.00
Solo recreational kayak	3-4-6	\$16.00	\$32.00	\$46.00
Tandem recreational kayak	3-4-6	\$19.50	\$39.00	\$55.50
Solo sea kayak	3-4-6	\$18.00	\$36.50	\$52.00
Tandem sea kayak	3-4-6	\$24.50	\$47.50	\$69.75
2-seater aluminum pedal boat	4-6	\$20.25	\$40.50	n/a
4-seater aluminum pedal boat	4-6	\$23.75	\$47.00	n/a
Stand-up paddle board	4-6	\$17.75	\$31.00	\$44.50
Adult bicycle	3-5	\$14.75	\$29.50	\$42.00
Children's bicycle	3-4-5	\$7.25	\$14.75	\$21.00
Life jacket, single- or double-bladed paddle (without boat rental)				\$7.25

**Bending rental available :** \$19/ stay

**Included with rental :** Life jacket, safety kit, single or double-bladed paddles.

**Floating dock available free of charge at Anse-à-William.**

Due to the shallow draft, only boats under 21 feet/7 metres in length are allowed.

**Ask about equipment for the family** 

## LOCATIONS

- 2- Petit lac Touladi
- 3- Anse à William
- 4- Grand lac Touladi
- 5- Passerelle
- 6- Grands Pins

## RENTAL TERMS

- **Additional fee if equipment not returned to the location where it was rented or if returned late**
- Photo ID required
- Équipement may differ from sector to sector

# LE CIRCUIT DES SAVEURS



- 1 FROMAGERIE LE DÉTOUR
- 2 VIV-HERBES
- 3 AMARANTE
- 4 DOMAINE ACER
- 5 TENTATIONS GOURMANDES
- 6 MAISON SIMPLEMENT BON
- 7 LE SECRET DES DIEUX
- 8 LA JARDINIÈRE

Dépliant disponible



Sur présentation de votre visite au parc ou chez l'un de nos partenaires, obtenez un p'tit cadeau... **DEMANDEZ-LE !**



**Step into a British fort built in 1839! Guided visits and musket firing demonstrations are included. Tours in English are by reservation only: 418-854-2375.**

Depart from Anse-à-William, cross Lake Témiscouata on the Épinoche shuttle boat, visit the historical site, and return to the park at noon.

Everyday at 9:00 AM  
June 24 to September 2

**Departure:** Anse-à-William

**Length:** 3 hours including the ferry ride

**Cost:** \$27, free for children 17 years and younger. Maximum 12 persons.



## MORNING ON THE WATER

**50% DISCOUNT** ON MORNING WATERCRAFT RENTALS

Present your campground receipt and a photo ID (required). Valid only for one-hour rentals.

The watercraft must be returned by noon. No reservations, limited quantities. One discount per person per day. Equipment may differ from sector to sector of the park.

# SLEEPING UNDER THE STARS



## CHOOSE THE RIGHT SECTOR FOR YOUR STAY AT THE PARK!

### ANSE-À-WILLIAM

Situated across the lake from the town of Cabano, Témiscouata-sur-le-Lac, this sector is accessible by shuttle boat. It is next to one of the most beautiful trails in the park, and is the ideal sector for bike enthusiasts.

- 72 campsites (with or without water and electricity)
- 9 ready-to-camp sites
- 5 “Welcome Cyclists!” sites
- Curé-Cyr hut
- Montagne-du-Fourneau trail and Grey-Owl bike trail
- Proximity to Lake Témiscouata
- Docks
- Épinoche (pontoon for pedestrians and bikes boat)
- Discovery activities onsite
- **Dogs allowed**

### GRAND-LAC-TOULADI

This is the family-friendly sector, with a mosquito shelter, family washrooms, and communal firepit. With its magnificent sandy shores, it is the ideal place for a day under the sun or on the water!

- 66 campsites (with or without water and electricity)
- 3 canoe-camping sites
- Curieux de nature and “Draveur” trails
- Proximity to Grand-Lac-Touladi
- Discovery activities onsite

### GRANDS-PINS

With only 14 campsites, this sector is the most peaceful! It offers a pebble shore, proximity to the town of Dégelis, and easy access to the Petit-Témis bike trail.

- Small village of 14 ready-to-camp sites
- Grands-Pins trail
- Proximity to Lake Témiscouata

**Each sector has play areas, access to lakes, and watercraft rental services.**

# FAMILY FUN IS HERE!



**Free!** For your children 17 years of age and under

**In all seasons, your children can come with you absolutely without charge.**

**ACCESS TO NATIONAL PARKS**

**OUTDOOR EQUIPMENT LOAN\***

**A VAST ARRAY OF ADAPTED ACTIVITIES** for the whole family

**ACCESSORIES\* ON LOAN** for young children

\*Certain conditions apply.

## OUR TOP PICKS

AT PARC NATIONAL DU LAC-TÉMISCOUATA

- Curieux de Nature Trail
- Voyage of the maliseet by rabaska
- Little biologist
- Crafts of the first nations
- Grey-Owl Trail (on foot or by bike)
- Screened shelter at Grand-Lac-Touladi

# CONSERVER FOR TOMORROW

According to our current knowledge, there are more than **500** plant species within the park, including **30** that are locally rare and **10** that are designated threatened or likely to be threatened. The park is also home to over **150** species of birds, **8** of which are designated threatened or likely to be threatened, as well as some **40** species of mammals, **20** species of fish (including two rare forms), and **7** species of amphibians and reptiles.

Human presence has been known on the territory for **10,000** years, and a total of **54** archaeological sites have been identified within the park. To protect this heritage, the park conducts **21** environmental monitoring projects as well as **16** conservation projects, including several in collaboration with ministries, conservation organizations and the Maliseet First Nation. **3** main conservation issues have been targeted.

## WHAT TO DO IF YOU FIND AN ARTEFACT

An artefact's location, its context relative to other objects, and its depth in the ground are all clues that help archaeologists decipher our history. Any artefact that disappears or is moved is a piece of our past that is lost forever. If you find an artefact, please leave it in place, make note of the location, and inform the park staff. Our archaeologist will take care of the rest.



## BETTER UNDERSTANDING LAKE TROUT SPAWNING GROUNDS

In recent years, researchers have reported problems with the reproduction of touladi, a salmonid present in Lake Témiscouata. Transmitters have been attached to track specimen to their spawning grounds in this vast lake. In addition, measuring devices have been installed to collect data on temperature, currents, and sediments. This project is carried out through a partnership with the Témiscouata Hunting and Fishing Association, the Ministry of Wildlife, Forestry and Parks, and others.

## PREVENTING EROSION IN THE PARK'S ARCHAEOLOGICAL SITES

Lake Témiscouata National Park includes 54 archaeological sites, many of which are threatened by human and natural factors. Some areas are actively deteriorating due to erosion. A project carried out in collaboration with the Maliseet First Nation will allow us to measure the erosion rate at certain sites and to evaluate the best methods to avoid losing this irreplaceable heritage.

## ASSURING WATER QUALITY IN LAKE TÉMISCOUATA

Lake Témiscouata, 45% of which is in the park, is in good health, but shows signs of aging. To monitor water quality, the park's conservation team carries out physicochemical and bacteriological measurements of the main rivers, as well as analyses of the lake's aging process. Partnerships are made with the St. John River Watershed Organization and the Guardians of the Lake citizen committee to harmonize the multiple uses of the lake.

# HELP AIGLON PROTECT HIS HABITAT!

I am a vulnerable species. In the past, I was threatened by hunting and pesticides. Luckily, the park is here to protect me now. But I need you to help keep my habitat clean and peaceful!



## WHY SHOULDN'T I FEED THE ANIMALS?

We animals know how to feed ourselves in nature. If you give us food, we could get sick and even forget how to feed ourselves!

## WHY SHOULD I STAY ON THE TRAILS?

We animals need peace, but thousands of people come to the park. By staying on the trails, you will not disturb us, and you will lessen the chance of stepping on a rare flower too!

## WHY SHOULD I NOT PICK FLOWERS?

There are beautiful flowers in the forest, but if you pick them, others won't be able to admire them! Did you know that the park has some very rare flowers?

## CAN I PICK FRUITS?

In certain places like the Jardin des Mémoires, you can pick fruits. If you're not sure, ask a park warden.

## WHY SHOULD I LEAVE DEAD WOOD ON THE GROUND?

Many of my bird friends feed on or hide themselves in dead wood. If everyone burnt this wood, animals wouldn't have food or a home anymore! Even a small branch can be useful.

## WHY SHOULD I WASH THE BOAT?

We eagles need clean lakes to survive. Sometimes, boats carry foreign plants that can destroy our lakes. If you come to the park with your canoe or kayak, please don't forget to wash it before going on the water. That way, we can be sure we won't bring the wrong plants into our lakes!



## WHY CAN'T I BRING MY DOG EVERYWHERE IN THE PARK?

Some of my animal friends, like deer, are afraid of dogs! That's why biologists say you shouldn't bring your dog in certain places.

## HAVE YOU SEEN AN ANIMAL?

If you see an animal in the park, write it on the observation sheet in the Visitor Centre. Biologists will use this information to better understand the nature in the park.

Don't forget that you are part of nature too! I'm counting on you to help me protect the park. Maybe one day endangered species like me will be saved!



# PLAY <sup>IT</sup> SAFE



Photo: Steve Deschênes, Parc national des Grands-Jardins

## IN THE WILD, YOUR SAFETY IS YOUR RESPONSABILITY

Sépaq's mission is to ensure the widest possible access to Québec's most beautiful natural treasures. Sépaq is committed to the safety of its visitors and urges you to play it safe!

Preparing yourself adequately is the first step in the safe and enjoyable practice of your favourite activities. **YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY** and risk management is an integral part of your experience.

Before leaving for an excursion, **MAKE SURE YOU HAVE THE SKILLS AND ABILITIES REQUIRED** to practice your chosen activity **AND RESPECT YOUR PHYSICAL LIMITS**. Your outing should leave you with nothing but pleasant memories. We invite you to consult our safety guides for Sépaq activities, available at [sepaq.com/security](http://sepaq.com/security). You will also find a list of organizations that can help you plan your activities safely.

[sepaq.com/security](http://sepaq.com/security)

## CHECKLIST

### BEFORE YOU LEAVE HOME

- Plan on going with at least one other person.
- Check the weather report.
- Pack water and food, even if the activity is only for a few hours.
- See that you have appropriate clothing and footwear for anticipated weather conditions.
- Let somebody know the exact location of your destination and the time you plan to return home.

### ONCE YOU ARE ON SITE

- Do not rely on your cellphone.
- Check how much time it will take to complete your activity.
- Obey signs and notices, including bans on open fires.

### WHEN YOU GET BACK

- Once you have completed your activity, make sure that you report to our staff anything wrong or any damage or problems you encountered.

## REMINDERS

Ⓢ During your visit to a national park, you must always carry your entry fee receipt or your annual entry card.

🚫 Remember that animals are in their natural habitat and that you are a visitor. To ensure both your safety and theirs, feeding them is prohibited; otherwise they may lose their natural fear of human beings and become aggressive.

🚫 To preserve our natural riches, you are not allowed to remove any natural elements (animals, plants, dead wood, rocks, etc.). Please also keep to established hiking trails to avoid trampling flora.

## IN CASE OF EMERGENCY : 911

**SÛRETÉ DU QUÉBEC: 310-4141** (general number) / \*4141 (for cellphones)

\*Where cellphone networks are available. The costs and expenses incurred in conducting search and rescue operations are the responsibility of the beneficiary. You can obtain protection against these risks from an insurer.

## Parc national du Lac-Témiscouata

400, chemin de la Vieille Route, C.P. 28

Squatec (Québec) G0L 4H0

Information: 418 855-5508

Reservation: 1 800 665-6527

Mail: [parc.lac-temiscouata@sepaq.com](mailto:parc.lac-temiscouata@sepaq.com)

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- Sentiers 3 frontières
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- Circuit patrimonial *Les maisons aussi ont une histoire*

**À FAIRE**

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**Route des Monts Notre-Dame**

# TÉMISCOUATA, CYCLING DESTINATION



ÉPINOCHÉ SCHEDULE AND DETAILS - PAGE 9



PETIT-LAC-TOULADI  
VISITORS CENTRE

↑  
To  
Squatec

To find out about the  
region's attractions,  
pick up the brochure!



[tourismetemiscouata.qc.ca](http://tourismetemiscouata.qc.ca)  
[mrctemiscouata.qc.ca](http://mrctemiscouata.qc.ca)

GRAND-LAC-TOULADI  
VISITORS CENTRE

**1 ROAD CYCLING | 26 KM**

Winding, hilly route | Paved, shared roads

**2 GREY-OWL | 5.5 KM**

Bike path | Stone dust

**3 BIKE FROM SHORE TO SHORE | 24 KM**

Loop trail. Suggested route:

- Take the boat shuttle l'Épinoche from district Cabano in Témiscouata-sur-le-Lac to the park (Anse à William)
- Bike the multi-user Grey-Owl trail | 5.5 km stone dust
- Cross the footbridge over Rivière Touladi, then continue on Chemin du Lac | 6 km on asphalt and gravel - hilly - shared road
- Board the M.V. Corégone ferry to go to the Notre-Dame-du-Lac district
- As you leave the ferry, turn right onto the bike trail (stone dust) and continue 12.5 km to the starting point

**4 PETIT TÉMIS - ROUTE VERTE #8 | 135 KM**

Interprovincial trail | stone dust  
From Témiscouata-sur-le-Lac (Cabano) to Dégelis | 28 km

**5 CIRCUIT CYCLOSPORTIF | 55 KM**

Old route 185 | Paved, shared roads

ANSE-A-WILLIAM  
DISCOVERY AND VISITORS CENTRE

DE LA PASSERELLE  
VISITORS CENTRE

St-Juste  
Sector  
Entrance

← To  
Rivière-du-Loup

Témiscouata-sur-le-Lac  
(Cabano district)

Registration centre / Information

Semi-serviced camping

Crossing car (\$)

Crossing Pedestrian/Bike (\$)

Entry fee required at the park.

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FEES AND SCHEDULE:  
[traversedutemiscouata.com](http://traversedutemiscouata.com)



Témiscouata-sur-le-Lac  
(Notre-Dame-du-Lac district)

↓ To Edmundston (N-B)

To  
Dégelis ↓

GRANDS-PINS  
VISITORS CENTRE